

Adults 60+ Recreation and Services Guide

WINTER 2022



**Celebrate Black History Month
This February. See page 11.**

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Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as:

Senior Center Member/Nonmember

Welcome

Rockville Senior Center and Fitness Center Hours:

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for hours

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:
240-314-8810

Center Membership Fees:

\$40/year: Rockville residents;

\$135/year: nonresidents; \$65: spouse

Fitness Center Membership Fees:

\$90/year (must be a Senior Center member)

Mayor

Bridget Donnell Newton

Councilmembers

Monique Ashton

Beryl L. Feinberg

David Myles

Mark Pierzchala

Robert DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks

Chris Henry, Deputy Director of

Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of

Parks and Facilities

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on Nov. 30 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building & Fitness Room Closures

Friday, Dec. 24, Christmas Eve

Saturday, Dec. 25, Christmas

Saturday, Jan. 1, New Years

Monday, Jan. 17, Martin Luther King Jr. Day

Monday, Feb. 21, President's Day

Registration Dates

(M): Senior Center member registration begins:

Tuesday, Nov. 30. Senior Center members receive a discount on programs.

(NM): Nonmember registration begins:

Thursday, Dec. 2.

Any Questions?

Email us at seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us before the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. This publication will be made available on request in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

Arts & Enrichment

2020 Census **NEW!**

Census numbers! What do they mean? How do they affect us? What are the new trends? What states will gain or lose seats in the House of Representatives? What are the racial percentages? So many questions. No need to be a mathematician. We will take a brief look at some numbers and what they mean for each of us. Share your perspective--it enriches us all. Instructor: Marvin Adams

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|---------|----------|
| 20912 | Th, 1/20 | 1-2 p.m. | \$6/\$9 | Online |

Birthday and Anniversary Party

Celebrate December, January, and February birthdays with a festive afternoon of lively entertainment. Mark your calendar for this special event, held in partnership with Rockville Seniors, Inc. All are invited whether or not you have a winter birthday. Entertainment: Rearview Mirror

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|----------|----------|
| 21079 | W, 1/19 | 1:30-2:30 p.m. | Free/\$7 | Online |

Black History Tour at the Reginald F. Lewis Museum **NEW!**

Celebrate Black History Month with a virtual tour of the Reginald F. Lewis Museum's permanent collection. Participants will learn about Maryland's African American trailblazers and how they contribute to Maryland's labor industries, education and the arts and community building in their neighborhoods. This live virtual tour will be presented by museum staff and followed with a Q&A.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|---------|----------|
| 20900 | Th, 2/3 | 2-3 p.m. | \$6/\$9 | Online |

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion. Jan. 27- "The Book of Lost Friends" by Lisa Wingate. Feb. 24- "A Recipe for Daphne" by Nektaria Anastasiadou. March 24- "Caste: The Origins of Our Discontents" by Isabel Wilkerson

| Course | Day, Date | Time | Cost | Location |
|--------|----------------------|-----------------|----------|----------|
| 21087 | Th, 1/27, 2/24, 3/24 | 9:30-10:45 a.m. | Free/\$7 | Online |

Books that Shaped America

The Library of Congress selected 88 books in June, 2012 that helped shape America. Together we will take time to explore and discuss the significance of these works then and now. Each of us brings our own unique experiences to the exchange of ideas. Please find the work in the form that best suits your needs. Reading the book is optional. Presented by Joan Adams.

"The Red Badge of Courage"

Stephen Crane's "The Red Badge of Courage" is a classic. This graphic story of the American Civil War made it possible for Crane to be considered the "father of modern American Naturalism." How did a man that considered himself a poet become the author of a classic American novel?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20895 | M, 1/31 | 10:30-11:30 a.m. | \$6/\$9 | Online |

"Native Son"

Richard Wright's "Native Son" is a disturbing 1940 tale of Bigger Thomas, who is headed to jail in 1930s Chicago. This groundbreaking novel reflected the feelings of hopelessness that poverty creates. How did this novel help shape our nation?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20897 | M, 2/28 | 10:30-11:30 a.m. | \$6/\$9 | Online |

Bridge - Beginner Part II

This course is a continuation of Beginner's Bridge I. The 2 Over 1 Bidding System will continue to be fleshed out and there will also be an emphasis on declarer play. Prerequisite: Beginner's Bridge 1 or a basic understanding of modern bidding. Instructor: Peter Schiff

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|-----------|----------|
| 20901 | Tu, 1/11-3/1 | 1-3 p.m. | \$77/\$94 | Sr Ctr. |



Worried about the Weather?

Call 240-314-8800 for updated openings and closings.

Coffee Tasting - Virtual

Triple Coffee, headquartered in San Francisco's Marina District, is a high-end specialty coffee company with beyond-fair-trade impact. Enjoy a virtual coffee tasting from the comfort of your home. You will receive three coffee samples of micro-lot coffee from Triple Coffee's menu, instructions during the Zoom class on how to prepare your coffee, and the chance to meet the Honduran coffee producer who grew your beans. All you need to do is boil water, no extra coffee supplies needed! Coffee samples will be delivered to residents on Tuesday, Feb. 8 between 1:30-4 pm. Nonresidents pick up from the Senior Center from 11 a.m.-2 p.m. on Tuesday, Feb. 8. Register by Jan. 21, the date coffee sample orders will be placed.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------|-----------|----------|
| 20889 | Th, 2/10 | 10-11 a.m. | \$10/\$14 | Online |

Cooking Classes with Chef Alba

Cook along with Chef Alba, or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants. Registration is open NOW for members and non members!

Holiday Entertaining Small Dishes

Recognized in other countries as tapas, antipasto, hors d'oeuvres, meze or aperitifs, these small plates of delightful foods are meant to be shared with friends in a calm environment. Relish the tradition of entertaining and cooking delicious small dishes. Menu: roasted grapes bruschetta, sage sausage bites with balsamic apricot, butterflied shrimp in garlic-mint butter, and a bonus dessert, crema al limoncello for panettone

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|-----------|----------|
| 20886 | Th, 12/2 | 4:30-6 p.m. | \$13/\$17 | Online |

Traditional Dishes of Valle d' Aosta

Fontina cheese is an Italian cheese produced in Valle d'Aosta, Italy, surrounded by the Alps. It is a medium-hard cheese made from cow's milk that can be eaten on its own, or paired with melons, apricots, cherries, apples or pears. It also melts easily and is used for many baked pasta or vegetable dishes. It has a mild delicate flavor with a delicate nuttiness and a hint of mild honey. When

melted the flavor is earthy with a taste of mushrooms. Join Chef Alba as we prepare baked ziti and fontina cheese, valdostana chicken cutlets, and insalata belga con noci uvetta e fontina.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------------|-----------|----------|
| 20887 | Tu, 2/8 | 11:30 a.m.-1 p.m. | \$13/\$17 | Online |

Energy Jeopardy

What is keeping money in my pocket? If you want to know how to answer that question then join us for this interactive, "Jeopardy" style workshop. There will be prizes for the winners (and for everyone who participates) and the topics will include home comfort, lighting, transportation and other topics. Find out how to keep money in your pocket and use less energy every day.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21103 | W, 2/16 | 3-4 p.m. | Free | Online |

English Class

Online classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. BEFORE registering, new students must schedule an assessment of their English skills. Please email program coordinator Amoke Alakoye at aalakoye@rockvillemd.gov to schedule an evaluation. Returning students should register for the class recommended by their teacher.

Basic English

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 21012 | M,W, 1/10-3/16 | 10 a.m.-12 p.m. | \$20/\$27 | Online |

Beginning/ High Beginning English (L2)

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 21013 | Tu,Th, 1/11-3/17 | 10 a.m.-12 p.m. | \$20/\$27 | Online |

Intermediate English (L3)

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 21014 | Tu,Th, 1/11-3/17 | 10 a.m.-12 p.m. | \$20/\$27 | Online |

Advanced English (L4)

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 21015 | M,W, 1/10-3/16 | 10 a.m.-12 p.m. | \$20/\$27 | Online |

Now with Options

KEY:  = Phone-in available
 = Virtual
 = In-Person

Arts & Enrichment

English Conversation Classes

Speak more confidently about everyday topics.

Beginning Conversation: Let's Talk

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|-----------|----------|
| 21017 | M, 1/10-3/14 | 1-3 p.m. | \$14/\$18 | Online |

Advanced Conversation: More Talk

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|-----------|----------|
| 21016 | W, 1/12-3/16 | 1-3 p.m. | \$14/\$18 | Online |

Game Night - Bingo

Would you like an awesome way to spend an evening? Connect and socialize with members on Zoom and find plenty of laughter.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|----------|----------|
| 21022 | Th, 12/16 | 7-7:45 p.m. | Free/\$2 | Online |
| 21177 | Th, 1/20 | 7-7:45 p.m. | Free/\$2 | Online |
| 21178 | Th, 3/3 | 7-7:45 p.m. | Free/\$2 | Online |

Guitar: Beginner Group Lessons

Learn a new skill with this virtual group acoustic guitar course taught by Kevin Mittleman from The School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar and notebook. Guitar rentals can be arranged by The School of Music for \$40 per semester. There is a four-student minimum for the class to be held. Register by Dec. 27.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------|------------|----------|
| 20931 | W, 1/12-3/2 | 1-2 p.m. | \$81/\$108 | Online |

History of Broadway

Steve Friedman is an internationally recognized Broadway musical historian. A native of Washington, D.C., Steve has learned how to engage his audiences and takes pride that this is not the typical lecture. Trained as a classical tenor, Steve is passionate about presenting lectures from the vantage point of once having performed in musical theater pieces such as "Camelot," "Damn Yankees," and "Sweeney Todd." His lecture series has become popular and is sought out in the D.C. area.

The Rise of the Golden Age of the Broadway Musical 1950-60

The musical's golden age started in 1950 with glorious musicals changing the Broadway scene.

"Guys and Dolls," "My Fair Lady" and "West Side Story" all changed the medium. This evolution, plus the emergence of television, created what is called the "Golden Age." Live song included in the discussion.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|---------|----------|
| 21104 | Tu, 1/25 | 2:30-3:30 p.m. | \$6/\$9 | Online |

The Cherished Golden Age Ends 1960-69

The 1960s created tremendous social upheaval. The musical responded with challenging and provocative stories and creativity. "Fiddler on the Roof" and "Cabaret" could not have been made in any other era, yet the creativity was challenged by the times. Hear why. Live song is a part of the discussion.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|---------|----------|
| 21105 | Tu, 2/22 | 2:30-3:30 p.m. | \$6/\$9 | Online |

Holiday Concert

Make your holidays extra special as you hear holiday classics with the one and only Dale Allen Jarrett. Dale's memorable renditions will fill your home with the warm sounds and spirit of the season.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------------|----------|----------|
| 20933 | M, 12/20 | 1:30-2:30 p.m. | Free/\$7 | Online |

Intergenerational Storytelling: Shared Stories Open Hearts

Reach across the ages to discover the gifts of our shared stories. This winter snuggle in for a month of intergenerational storytelling and enjoy the attention of local teenagers eager to learn what love, loss, pain and hope felt like when you were young. Dust off your long, but not forgotten, memories and pick the teens' brains, too; we're never too old to learn or too young to teach. Instructor: Erin Vannella.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|------|----------|
| 21068 | Tu, 1/18-2/8 | 4-5 p.m. | Free | Online |

Now with Options

KEY:  = Phone-in available
 = Virtual
 = In-Person

"It's a Wonderful Life" **NEW!**

Three-part series on "It's a Wonderful Life"
Instructor: Joan Adams

Part One: The short story that started it all: Philip Van Doren Stern's "The Greatest Gift" became his Christmas card in 1943.

Part Two: The movie and the time frame: In 1946, Frank Capra was under investigation by the FBI. This was part of the Red Scare. The FBI believed Capra to be a socialist and the movie propaganda.

Part Three: The movie and the cast: Who were these memorable characters?

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|------------------|-----------|----------|
| 20883 | M, 12/6-12/20 | 10:30-11:30 a.m. | \$15/\$24 | Online |

Marylanders of Note

There are many famous and not so famous (but important) Marylanders. Maryland is famous for many things: blue crabs, the Ravens, John Hanson, and of course Spiro Agnew. We are also home to the first railroad, first dental school, and the first umbrella factory. This course will focus on some historic figures, politicians, scientists, authors, artists and more. Instructor: Joan Adams

Garry Moore

Thomas Garrison Morfit, better known to us as Garry Moore, was born in Baltimore in 1915. This high school dropout became one of America's favorite TV personalities. What was his secret?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20898 | M, 1/24 | 10:30-11:30 a.m. | \$6/\$9 | Online |

Eubie Blake

James Hubert Blake, known to America as Eubie, was a pianist, composer and lyricist. Born in Baltimore in 1887, this son of an enslaved father went on to international success. Known for his ragtime and jazz musical "Shuffle Along", Eubie created many memorable songs and musical moments. How did this 16-year-old piano player become one of America's great musicians?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20899 | M, 2/14 | 10:30-11:30 a.m. | \$6/\$9 | Online |

Milking, Baking, and Monks, Oh My! Story Hour with a Life-Enthusiast

When we can't get up and go like we used to, why not travel from home? Listen to the passionate tales of a woman, who after nearly a decade on television, bought a one-way ticket abroad and never looked back. Melt into a photograph and let your imagination romp through Cypriot fields of wild thyme, Georgia O'Keeffe's beloved desert canyon, starlit Danish streets, Napolitano living rooms, and monastic hops fields. Life is for living!

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|---------|----------|
| 21021 | Th, 2/17 | 6-7 p.m. | \$6/\$9 | Online |

Mosaic Art Class **NEW!**

Learn how to design a framed piece of mosaic art with stained glass and other materials. Create your pet or make a fun design while harnessing your inner artist. Mosaics are fun to make, and once you learn how to do it you can mosaic anything! All materials will be supplied by artist and art teacher Tracy L. Keating.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------------|-----------|----------|
| 20907 | F, 1/21-2/11 | 11:30 a.m.-1 p.m. | \$40/\$47 | Sr. Ctr. |

Mystery Adventure **NEW!**

Do you miss traveling? Come with us from the comfort and safety of your home as we explore new places. Be surprised on this fun, live Zoom adventure. Through Zoom, we will have a live guide take us on a tour of our mystery location with opportunities to ask questions. Space is limited and pre registration is required.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20888 | W, 1/19 | 11 a.m.-12 p.m. | \$10/\$14 | Online |

New Growth in the City **NEW!** of Rockville

Rockville Economic Development, Inc. (REDI) is a public-private partnership formed in 1997 for the City of Rockville to strengthen and broaden the City economic base through business entrepreneurship, expansion, retention and recruitment programs. Guest speaker will discuss growth of the City new restaurants and businesses coming to Rockville.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21063 | W, 1/26 | 3-4 p.m. | Free | Online |

Arts & Enrichment

Painting with Cathy

The instructor, Cathy Pasquariello, brings instructions and all the supplies! No painting experience is required.

Snowman Mug

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20914 | Th, 1/27 | 10:30am-12:30pm | \$12/\$15 | Sr. Ctr. |

Whimsical Winter Trees on Wine Glass

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20915 | Th, 2/24 | 10:30am-12:30pm | \$12/\$15 | Sr. Ctr. |

Piano Lessons

Learn fundamentals of rhythm, theory and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes.

Beginner

This class is ideal for the complete beginner. Instruction will be given on note reading, rhythm, theory and technique. Must have access to a piano or keyboard.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|------------|----------|
| 20955 | Tu, 1/11-3/1 | 9:15-10:15 a.m. | \$81/\$108 | Online |

Beginner Continuing

This class is usually for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading, rhythm, theory while exploring different genres in music.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|------------------|------------|----------|
| 20956 | Tu, 1/11-3/1 | 10:30-11:30 a.m. | \$81/\$108 | Online |
| 20957 | Tu, 1/11-3/1 | 1-2 p.m. | \$81/\$108 | Online |

Advanced Continuing

This class is for those who can read both clefs, play with two hands simultaneously and have a good understanding of musical theory. Opportunity is given to explore different composers and genres. Prerequisite: Students must have taken at least one Continuing Piano Class at the Senior Center or meet the listed requirements.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|------------|----------|
| 20958 | Tu, 1/11-3/1 | 11:45am-12:45pm | \$81/\$108 | Online |

Piecemakers' Club

Make new connections with fellow quilters! Listen to or share tips and tricks in this comfortable environment while encouraging one another. This is a wonderful opportunity to explore various quilting techniques. No meeting on 1/17 or 2/21.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|----------|----------|
| 21023 | M, 1/10-2/28 | 1-2:30 p.m. | \$9/\$12 | Sr. Ctr. |

Pro Football Hall of Fame and Selection Process **NEW!**

Dive into the history of the Pro Football Hall of Fame and how the building that houses bronze busts of the greatest ever involved in professional football came to be. This program will also answer one of the most asked questions the Hall of Fame gets – how do you become a member of the Pro Football Hall of Fame? Museum staff from the Pro Football Hall of Fame will answer this question for you!

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|---------|----------|
| 20892 | Th, 1/13 | 1-2 p.m. | \$6/\$9 | Online |

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21011 | Tu, 1/11 | 1-2 p.m. | Free | Online |
| | Tu, 2/8 | 1-2 p.m. | | |
| | Tu, 3/8 | 1-2 p.m. | | |

Daily Lunch



Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required 24 hours in advance: 240-314-8810.

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. A naturalist from Croydon Creek Nature Center will explore nature themes related to the season. Participants will better understand the environment, gain new skills in observation and identification and enjoy the health benefits of nature study.

Stream Health and Macroinvertebrates

Human choices make a big impact on stream health and the animals that live in our rivers, creeks and streams. Learn how volunteers contribute to the ongoing study of macroinvertebrates, the importance of stormwater management and much more.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 20908 | F, 12/10 | 10:30-11:30 a.m. | Free/\$4 | Online |

Winter Precipitation: What Really IS Snow?

Sleet, snow, freezing rain. What's the difference? Discover how different types of winter precipitation forms.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 20909 | F, 1/14 | 10:30-11:30 a.m. | Free/\$4 | Online |

Love is in the Air: Animal Mating and Reproduction

Explore the rituals and behavior surrounding animal mating and reproduction in mid-Atlantic animal species.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|----------|----------|
| 20910 | F, 2/11 | 10:30-11:30 a.m. | Free/\$4 | Online |

Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Lidia Almidon.

Just the Basics

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 21018 | M,W, 1/24-2/28 | 12:30-2:30 p.m. | \$44/\$70 | Online |

Continuing

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 21019 | Tu,Th, 1/25-2/24 | 12:30-2:30 p.m. | \$44/\$70 | Online |

The Nature of Our Holiday Traditions **NEW!**

When you think of this time of year, what smells and colors come to mind? Pine, gingerbread, mulled cider, green and red? These are related to plants that have been used to celebrate winter holidays for over 2,000 years within different cultures. Most plants we use for holidays have long histories and amazing stories from ancient times. These stories come from all around the world, and are part of many religions and beliefs. Presented by Canada's Royal Botanical Gardens.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|---------|----------|
| 20903 | W, 12/15 | 1:30-3 p.m. | \$6/\$9 | Online |

Through the Lens of Time

Many fascinating and enchanting individuals have graced the cover of "Time" magazine. Take a closer look at some of these people. Instructor: Joan Adams

Walter Chrysler

Walter Chrysler was born in Kansas in 1875. This self-taught engineer became the president of one of the leading car manufacturing companies in America. How did he go from being a railroad mechanic to owning his own company?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20893 | M, 1/10 | 10:30-11:30 a.m. | \$6/\$9 | Online |

Althea Gibson

Althea Gibson broke barriers of color and gender. A professional tennis player and avid golfer, Althea was a pioneer. She was denied access to country clubs and hotels, yet she went on in 1956 to win the Grand Slam Title. How did this South Carolina native achieve her great success?

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------------|---------|----------|
| 20894 | M, 2/7 | 10:30-11:30 a.m. | \$6/\$9 | Online |

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Arts & Enrichment

Ukulele: Beginner Group Lessons

Learn this fun, indigenous Hawaiian instrument! This virtual group course will cover chords, strumming, playing melodies and everything you'll need to play your favorite songs. A ukulele is required, but rentals can be arranged by the School of Music for \$30 per semester. All other materials will be provided electronically. There is a four-student minimum for the class to be held. Register by Dec. 27. Instructor: Kevin Mittleman.


| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------|------------|----------|
| 20932 | W, 1/12-3/2 | 2-3 p.m. | \$81/\$108 | Online |

Unwrapping Chocolate's Secrets: A Guided Chocolate Tasting **NEW!**

Maryland was one of the only states south of the Mason-Dixon line to be home to a chocolate maker in the 18th century. Attend this program to find out where he worked and more interesting chocolate history. Participants will become true chocolate connoisseurs as they use the five senses to learn about different types of chocolates, how to read chocolate labels, and how to understand why expensive chocolate is worth buying. The history of chocolate processing from pre-industrial to modern-day. Each step in the process, different types of chocolates will be sampled during this scrumptious chocolate journey. Chocolate samples will be delivered to residents on Tuesday, Feb. 8 between 1:30-4 p.m. Nonresidents pick up from the Senior Center between 11 a.m.-2 p.m. on Tuesday, Feb. 8. Register by Feb. 2 or until supplies last.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|-----------|----------|
| 20916 | W, 2/9 | 1-2:30 p.m. | \$10/\$14 | Online |

Now with Options

KEY:  = Phone-in available
 = Virtual
 = In-Person

Check the monthly newsletter for updates!

Virtual Candlelight Stroll **NEW!**

Join us for a virtual tour of Annapolis with one of Watermark's renowned tour guides, Mistress Mary. She will share Christmas customs in early America and the background of holiday symbols while traversing the streets of Maryland's capital city.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|---------|----------|
| 20884 | Th, 12/9 | 3-4:30 p.m. | \$6/\$9 | Online |

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Our classes are always supportive and encouraging. If you need the supply list, please email seniorrecreation@rockvillemd.gov at least one week prior to class.

Beginner: Learn the basics about paper, palette set up, brush strokes, color mixing and applying basic techniques in watercolor. Join us for a fun introduction to the watercolor medium.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-----------------|------------|----------|
| 20905 | W, 1/12-3/2 | 9:30-11:30 a.m. | \$89/\$110 | Online |

Intermediate (a.m.): For students who have had some watercolor experience. Explore different techniques in watercolor that can enhance paintings. Learn about building blocks to better art including use of color, shapes, values and edges. Classes usually begin with a critique, followed by an introduction of a well-known watercolor artist and end with a demonstration by the teacher.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|------------|----------|
| 20902 | Tu, 1/11-3/1 | 9:30-11:30 a.m. | \$89/\$110 | Online |

Intermediate (p.m.)

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------|------------|----------|
| 20904 | Tu, 1/11-3/1 | 12-2 p.m. | \$89/\$110 | Online |

Advanced: Discuss composition, color, shapes and edges. Techniques and personal style will be encouraged. We will have a critique, introduction to famous watercolor artists and weekly demonstration given by the teacher. Enjoy our love of watercolors in a supportive environment.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-----------|------------|----------|
| 20906 | W, 1/12-3/2 | 12-2 p.m. | \$89/\$110 | Online |

CELEBRATE

African

History

Month

FEBRUARY 2021

Virtual Protest Segregation in Maryland

Wednesday, Feb. 2, 3-4 p.m.

Maryland has a rich history of civil rights organizations, including the second-oldest NAACP branch in the country, which has contributed to making the state more inclusive and equal. Using photography collections, oral history interviews, and other unique documents from the local African American community, this program explores the civil rights movement and how people protested segregation.

Course# 21639 Cost: \$6/\$9

Virtual Black History Tour at the Reginald F. Lewis Museum

Thursday, Feb. 3, 2-3 p.m.

Celebrate Black History Month with a virtual tour of the Reginald F. Lewis Museum's permanent collection. Participants will learn about Maryland African American trail-blazers and how they contribute to Maryland's labor industries, education, the arts and community building in their neighborhoods. This live virtual tour will be presented by museum staff and followed with a Q&A.

Course# 20900 Cost: \$6/\$9

Virtual African American Artists Wednesday, Feb. 16, 3-4 p.m.

The lives of African American artists lend insight into the context of their works. Learn about the diverse body of artwork created by African American artists and the historical, social, and cultural events, as well as life experiences, that inspired their work. Presented by the Smithsonian American Art Museum. Course# 21637 Cost: \$6/\$9



**February is
AMERICAN
HEART
MONTH**

Go Red for Women Day • Friday, Feb. 4, 8:30-9:30 a.m.

Wear red on Feb. 4 at 8:30 am and join Collingswood Rehab and Health Care Center's Medical Director of Cardiology, Dr. Michael Chen, as he discusses what's new in cardiac care 2021 and take the opportunity for some Q&A with one of the best cardiologists in the area. All are welcome!

Dr. Chen is the chair of cardiology at Shady Grove Adventist Hospital, medical director of cardiology at Collingswood, and director of cath lab at White Oak Medical Center. City of Rockville residents who register for this event will have the option to receive a free breakfast. Breakfast will be delivered by Rockville Senior Center staff to the resident's front door, with no personal contact, after the presentation ends. A special thank you to Collingswood Rehabilitation and Healthcare Center for sponsoring this event. Register by 2/1. Course# 21638 Cost: Free

Valentine Care Package • Monday Feb. 7

Send a valentine care package to a senior family member, senior friend, senior neighbor or even yourself. Each package includes a valentine card kit (three cards and postage stamps, sweet treats, door decoration, and more!) All packages are delivered to that special someone on Monday, Feb. 7 to residents. Nonresidents pick up from the Senior Center. Call the Senior Center at 240-314-8800 to purchase packages by Friday, Feb. 4. Course# 21640

Cost: \$8 per care package

Unwrapping Chocolate's Secrets: A Guided Chocolate Tasting • Wednesday Feb. 9, 3-4:30 p.m.

Maryland was one of the only colonies south of the Mason-Dixon line to be home to a chocolate maker in the 18th century. Participants will become true chocolate connoisseurs as they use the five senses to learn about different types of chocolates, how to read chocolate labels, and how to understand why expensive chocolate is worth buying. And, of course, different types of chocolates will be sampled to make this scrumptious chocolate journey complete. Chocolate samples will be delivered to residents on Tuesday, Feb. 8 between 1:30-4 p.m. Nonresidents pick up from the senior center between 11 a.m.-2 p.m. on Tuesday, Feb. 8. Register by Feb. 2 or until supplies last. Course# 20916 Cost: \$10/\$14

What's On the Horizon? **NEW!**

Science and technology are on the move, and accelerating! Your cell phone is also a camera, video recorder and GPS. That's just the beginning. We'll explore several areas in which technology is advancing. Yes, things we've never even dreamed of...some great and some not so great. We'll look at both sides. Instructor: Marvin Adams.

Session 1: Data mining — How online trackers track you and what they know about you.

Session 2: New jobs for your grandchildren you never dreamed of.

Session 3: Email scammers — how they find you and get a hold of your money.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------|-----------|----------|
| 20913 | Th, 2/10-2/24 | 1-2 p.m. | \$15/\$24 | Online |

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging app to communicate with your friends and more. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 20951 | M,W, 1/24-1/26 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20954 | M,W, 1/24-1/26 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |
| 20977 | M,W, 3/7-3/9 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20978 | M,W, 3/7-3/9 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |

B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 20945 | Tu, 1/11 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20984 | Tu, 3/15 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |

KEY: **B** = Beginner courses **I** = Intermediate courses
Handout fees included in price.

B Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 20964 | M,W, 2/14-2/16 | 10 a.m.-12 p.m. | \$14/\$27 | Online |

B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 20936 | M, 1/3 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20944 | Tu, 1/11 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |
| 20983 | Tu, 3/15 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |
| 20988 | M, 3/21 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |

B File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 20946 | W, 1/12 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20985 | W, 3/16 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |

B Gmail basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 20952 | Tu, 1/25 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |
| 20979 | Tu, 3/8 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |

B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails. Instructor: Martin.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 20949 | W, 1/19 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20975 | W, 3/2 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |



Did you know? Senior Center members receive a

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing, and surfing the web. No experience required. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|-----------|----------|
| 20941 | Th, 1/6 | 8-10 a.m. | \$14/\$27 | Sr. Ctr. |
| 20993 | Th, 3/24 | 8-10 a.m. | \$14/\$27 | Sr. Ctr. |

Practice Lab

Practice the skills you learned in classes.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|------|----------|
| 21712 | Th, 1/6-3/31 | 9 a.m.-1 p.m. | Free | Sr. Ctr. |

B Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store, and Edge, the new browser. Learn to navigate these features and more. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 20942 | M,W, 1/10-1/12 | 10 a.m.-12 p.m. | \$24/\$37 | Sr. Ctr. |
| 20981 | M,W, 3/14-3/16 | 10 a.m.-12 p.m. | \$24/\$37 | Sr. Ctr. |

B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20935 | M, 1/3 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20973 | M, 2/28 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20987 | M, 3/21 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

B Yahoo Mail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 20953 | Tu, 1/25 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20980 | Tu, 3/8 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |

I Forgot My Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn some tips so that you can regain access to your devices. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|-----------|----------|
| 20947 | Th, 1/13 | 8-10 a.m. | \$14/\$27 | Sr. Ctr. |
| 20986 | Th, 3/17 | 8-10 a.m. | \$14/\$27 | Sr. Ctr. |

I I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Got a question, ask the teacher. You can even learn from questions of others. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|-----------|----------|
| 20938 | Tu, 1/4 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |
| 20990 | Tu, 3/22 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |

I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format, and manipulate spreadsheets with MS Excel. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-----------|-----------|----------|
| 20962 | Tu,Th, 2/8-2/17 | 8-10 a.m. | \$24/\$37 | Sr. Ctr. |

I Microsoft Word

Learn to line up text, collate a list, and make documents look professional. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------|-----------|----------|
| 20961 | M,W, 2/7-2/16 | 1-3 p.m. | \$24/\$37 | Sr. Ctr. |

I Optimize your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|-----------|----------|
| 20960 | M,W, 2/7-2/9 | 10 a.m.-12 p.m. | \$12/\$25 | Sr. Ctr. |

Now with Options

KEY:



= Phone-in available



= Virtual



= In-Person

phone call invitation to the birthday party during their birthday month.

I PC Malware

Malware is any piece of software intended to harm your system or network. Malware is different from normal programs in that they most of them spread themselves in the network, remain undetectable, cause changes/damage to the infected system or network. Learn how to prevent your PC from being ruined. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20939 | W, 1/5 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20991 | W, 3/23 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |

I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|----------|----------|
| 20937 | Tu, 1/4 | 10 a.m.-12 p.m. | \$9/\$15 | Online |
| 20989 | Tu, 3/22 | 10 a.m.-12 p.m. | \$9/\$15 | Online |

I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy, and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|----------|----------|
| 20943 | M, 1/10 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |
| 20982 | M, 3/14 | 1-3 p.m. | \$9/\$15 | Sr. Ctr. |

I Windows 10 Laptops

Learn how to navigate the newest Windows platform. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 20971 | Tu, W, 2/22-23 | 10 a.m.-12 p.m. | \$24/\$37 | Sr. Ctr. |

All Things Google

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a Google world, to make your time online more productive, useful and fun.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|----------|-----------|----------|
| 20972 | Tu, W, 2/22-23 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |

Using Quick Keys

Ever wondered what the keys on the top of the keyboard mean? This class will guide you through the actions of each keyboard shortcut.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|----------|----------|
| 20948 | Tu, W, 1/18-1/19 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |
| 20974 | Tu, W, 3/1-3/2 | 10 a.m.-12 p.m. | \$9/\$15 | Sr. Ctr. |

Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Let's examine the best way to secure your computer and other devices. Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------------|-----------|----------|
| 20959 | W, 2/2 | 10 a.m.-12 p.m. | \$14/\$27 | Sr. Ctr. |
| 20992 | W, 3/23 | 1-3 p.m. | \$14/\$27 | Sr. Ctr. |

Zoom Help

Instructor: Hickman.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|------|----------|
| 20940 | W, 1/5 | 1-3 p.m. | Free | Sr. Ctr. |
| 20950 | Th, 1/20 | 8-10 a.m. | Free | Sr. Ctr. |
| 20976 | Th, 3/3 | 8-10 a.m. | Free | Sr. Ctr. |

ROCKVILLE SENIOR CENTER

Holiday BAZAAR

Sponsored by
Rockville Seniors, Inc.

It's Back! Mark your calendars:
Saturday, Dec. 4 • 9 a.m.-2 p.m.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-4 p.m. Monday & Wednesday • 9 a.m.-4 p.m. Tuesday, Thursday, Friday

Fitness Center Membership Fees: \$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter • 240-314-8800

Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower- back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20839 | Tu, 1/11-3/8 | 5-5:45 p.m. | \$38/\$60 | Online |

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 20857 | Tu,Th, 1/11-3/10 | 11 a.m.-12 p.m. | \$60/\$75 | Sr. Ctr. |
| 20858 | Tu,Th, 1/11-3/10 | 11 a.m.-12 p.m. | \$48/\$75 | Online |

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please have a yoga sticky mat available to use. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|----------------|-----------|----------|
| 20865 | Tu,Th, 1/11-3/10 | 2:15-3:15 p.m. | \$60/\$94 | Online |

Now with Options

KEY:  = Phone-in available
 = Virtual
 = In-Person

Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|----------|-----------|----------|
| 20859 | Tu,Th, 1/11-3/10 | 1-2 p.m. | \$48/\$75 | Online |

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20827 | M, 1/10-3/21 | 1:15-2 p.m. | \$38/\$48 | Sr. Ctr. |
| 20837 | M, 1/10-3/21 | 1:15-2 p.m. | \$30/\$48 | Online |
| 20828 | W, 1/12-3/9 | 1:15-2 p.m. | \$38/\$48 | Sr. Ctr. |

Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|-----------|----------|
| 20832 | F, 1/14-3/11 | 10-10:45 a.m. | \$30/\$48 | Online |

Fitness Room Membership

Fitness memberships are an add-on purchase to a center membership. Orientation is required and is an additional \$15 one-time fee.

Fitness Membership Rates:

3 Months: \$22; 6 Months: \$45; 1 Year: \$90



Belly Dance - Intermediate

Enjoy an expressive, exciting and energetic activity. Intermediate belly dance can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi layered shimmies, complex combinations, travel steps and choreography. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------------|-----------|----------|
| 20833 | Tu, 1/11-3/8 | 3:30-4:15 p.m. | \$30/\$48 | Online |

Bilingual Yoga with a Chair **NEW!** Yoga bilingüe con silla

This class is designed to help you enjoy the benefits of gentle exercise and relaxation. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance. No previous experience needed. Esta clase está diseñada para ayudarle a disfrutar y recibir los beneficios del ejercicio suave y la relajación. Se utilizarán modificaciones de las posturas de yoga estándar y se trabajará con la respiración, centrando la atención en el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Undaneta.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|--------------------|-----------|----------|
| 21641 | F, 12/3-1/21 | 11:15 a.m.-12 p.m. | \$30/\$38 | Sr. Ctr. |

Caribbean Dance Party

Learn how to dance salsa, cha cha, guaguancó, and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You will combine the steps learned to create fun Caribbean dances. Instructor: Delgado-Alba.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20834 | F, 1/14-3/11 | 5-5:45 p.m. | \$30/\$48 | Online |

Chair Cardio

Enjoy fun moves while seated! Combine upper- and lower- body movements, which gives the body a total workout while listening to great music. Instructor: Delgado-Alba.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 20835 | W, 1/12-3/9 | 9-9:45 a.m. | \$30/\$48 | Online |

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Ramsey.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|-----------------|-----------|----------|
| 20844 | M,W, 1/10-3/16 | 11 a.m.-12 p.m. | \$50/\$62 | Sr. Ctr. |
| 20846 | M,W, 1/10-3/16 | 11 a.m.-12 p.m. | \$40/\$62 | Online |

Chair Tap Dance

Have you always wanted to tap dance? Now's your chance from the ease and comfort of a chair. Tap dance helps with memory, balance, coordination, and much more. Start with warmups for the whole body then move to tap-specific exercises. All exercises can also be done standing. No experience necessary – Gene Kelly here we come! Instructor: Conner.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------------|-----------|----------|
| 20845 | Tu, 1/11-3/8 | 1:15-2:15 p.m. | \$50/\$62 | Sr. Ctr. |
| 21653 | Tu, 1/11-3/8 | 1:15-2:15 p.m. | \$40/\$62 | Online |

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing, and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------|-----------|----------|
| 20847 | F, 1/14-3/11 | 12-1 p.m. | \$50/\$72 | Online |

Drums Alive

Try this exciting class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance. This class is adaptable to most fitness levels. Equipment available on request. Instructor: Delgado-Alba.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|------------------|-----------|----------|
| 20836 | Th, 1/13-3/10 | 12:05-12:50 p.m. | \$30/\$48 | Online |

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|--------------------|-----------|----------|
| 20838 | F, 1/14-3/11 | 11:15 a.m.-12 p.m. | \$32/\$50 | Online |

Easy Zumba 🏠 👤

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|---------------|-----------|----------|
| 20848 | M,W, 1/10-3/16 | 10-10:50 a.m. | \$53/\$66 | Sr. Ctr. |
| 20849 | M,W, 1/10-3/16 | 10-10:50 a.m. | \$42/\$66 | Online |

Fitness Workshop- Balance Does Matter! 👤 **NEW!**

Concerned about falling? Miss activities because you're afraid to fall? Join us for a two-part workshop to improve your balance! Part one will focus on the three systems that work together to keep us balanced. Part two will focus on applying the three systems of balance to exercises that will help improve balance. Instructor: Ohlandt.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|-------------|------|----------|
| 20793 | Th, 1/27 & 2/10 | 2-3:15 p.m. | \$25 | Sr. Ctr. |

Forever Fit 🏠 👤

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructor: Ohlandt

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-----------------|-----------|----------|
| 20864 | M,W, 1/10-3/16 | 12:15-1:05 p.m. | \$52/\$81 | Online |
| 20862 | Tu,Th, 1/11-3/10 | 10-10:50 a.m. | \$65/\$81 | Sr. Ctr. |
| 20861 | Tu,Th, 1/11-3/10 | 10-10:50 a.m. | \$52/\$81 | Online |

Functional Training 🏠

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels. Instructor: Owen.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|------------|-----------|----------|
| 20843 | Sa, 1/15-3/12 | 10-11 a.m. | \$40/\$62 | Online |



Hydrate! It's important to stay hydrated throughout your workout.

On Your Feet — Yoga Blend 🏠

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20842 | M, 1/10-3/21 | 2:15-3 p.m. | \$42/\$62 | Online |

Pilates Basics 🏠

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 20855 | W, 1/12-3/9 | 1:15-2 p.m. | \$50/\$72 | Online |

Piloxing® - Pilates. Boxing. Dance. 🏠

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! You will notice stronger, longer and leaner muscles, improved flexibility, better muscle control and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Serrano-Gonzalez.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|-------------|-----------|----------|
| 20841 | W, 1/12-3/9 | 1:15-2 p.m. | \$45/\$60 | Online |

Pre-hab Training 👤

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|-------|----------|
| 20868 | M-F, 1/4-4/1 | 9 a.m.-3 p.m. | \$315 | Sr. Ctr. |

Fitness Club

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only. **Virtual options are available.**

| | | |
|---------------|--------------------------|------------|
| One: | One-Hour Session: \$52 | Fitness Rm |
| Two: | One-Hour Sessions: \$100 | Fitness Rm |
| Three: | One-Hour Sessions: \$142 | Fitness Rm |
| Six: | One-Hour Sessions: \$265 | Fitness Rm |
| Ten: | One-Hour Sessions: \$415 | Fitness Rm |

Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only. Appointments can be made at the front desk. \$15.

Know anyone 60+ who needs our help?

We're here as a helping hand for your older neighbors, friends or relatives.

- ✓ Food & Financial Assistance
- ✓ Counseling & Outreach
- ✓ Support
- ✓ Transportation
- ✓ Connecting with Peers
- ✓ Grocery Shopping



- ✓ Home Maintenance
- ✓ Health, Wellness, Technology & Education
- ✓ Medical Equipment Loans



Call 240-314-8800.

Email SeniorCenter@rockvillemd.gov.

Visit www.rockvillemd.gov/397/Services.



ROCKVILLE TOWN SQUARE PARKING UPDATE

2 HOURS
OF **FREE**
PARKING



NO
VALIDATION
REQUIRED



Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|---------------|-------|----------|
| 20867 | M-F, 1/4-4/1 | 9 a.m.-3 p.m. | \$315 | Sr. Ctr. |

Small Group Interval Training **NEW!**

Takes place in the Rockville Senior Center fitness center and will use a combination of the machines and free weights. It will include a wide variety of exercises using all major muscle groups. Space is limited. Instructor: Federman.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|-------------|-----------|----------|
| 21620 | Th, 1/13-2/17 | 2-2:45 p.m. | \$50/\$72 | Sr. Ctr. |

Spring Sampler **NEW!**

Sample 15 minutes of four different fitness programs in this one hour class. A list of the sample classes being offered is included below. For a full description of the programs, see the individual listing for each class in the senior recreation guide. Classes for Tuesday, March 15: Chair Cardio, Piloxing, Abs and Back, and Drums Alive. Classes for Friday, March 18: Belly Dance Basics, Chi Gong, Caribbean Dance Party and Bilingual Yoga with a Chair.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------------|------------|------|----------|
| 21631 | Tu & F, 3/15 & 3/1 | 10-11 a.m. | \$20 | Online |

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Ramsey.

| Course | Day, Date | Time | Cost | Location |
|--------|------------------|-------------|-----------|----------|
| 20860 | Tu,Th, 1/11-3/10 | 9-9:45 a.m. | \$65/\$81 | Sr. Ctr. |

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Klopfer.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20853 | M, 1/10-3/21 | 9-9:45 a.m. | \$50/\$72 | Sr. Ctr. |
| 20851 | M, 1/10-3/21 | 9-9:45 a.m. | \$40/\$72 | Online |
| 20852 | F, 1/14-3/11 | 9-9:45 a.m. | \$50/\$72 | Sr. Ctr. |
| 20850 | F, 1/14-3/11 | 9-9:45 a.m. | \$40/\$72 | Online |

Two for Ten - Online Only **NEW!**

Stay active during the break between sessions by joining one of our Two for Ten programs. These programs are offered in addition to our regular sessions. You can find the description for each class in the senior recreation guide. Instructor: Klopfer, Ford, Owen.

| Course | Day, Date | Time | Cost | Program |
|--------|------------------|-----------------|------|----------------------|
| 21024 | Tu,Th, 3/22&3/24 | 11 a.m.-12 p.m. | \$10 | Aerobic Workout |
| 21026 | Tu,Th, 3/22&3/24 | 2:15-3:15 p.m. | \$10 | Afternoon Yoga Flow |
| 21032 | Tu,Th, 3/22&3/24 | 1-2 p.m. | \$10 | Arthritis Foundation |
| 21025 | Tu,Th, 3/22&3/24 | 10-10:50 a.m. | \$10 | Forever Fit |
| 21027 | W, 3/23&3/30 | 5-5:45 p.m. | \$10 | Zumba Gold |

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. This class includes work done on the mat. Wednesday class will be held in the Carnation Room. Instructor: Figure.

| Course | Day, Date | Time | Cost | Location |
|--------|----------------|------------|------------|----------|
| 20866 | W,F, 1/12-3/11 | 10-11 a.m. | \$95/\$119 | Sr. Ctr. |

Did you know?

Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents ages 60-plus evaluate home safety and repairs.

Fitness and Sports

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Instructor: Ford.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-------------|-----------|----------|
| 20830 | M, 1/10-3/21 | 5-5:45 p.m. | \$30/\$48 | Online |
| 20829 | W, 1/12-3/9 | 5-5:45 p.m. | \$30/\$48 | Online |

Sports - Instructional

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|-----------|----------|
| 20826 | M, 1/24-3/7 | 1-2 p.m. | \$30/\$38 | Sr. Ctr. |
| 20825 | Tu, 1/25-3/1 | 1-2 p.m. | \$30/\$38 | Sr. Ctr. |

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

| Course | Day, Date | Time | Cost | Location |
|--------|-------------|----------|-----------|----------|
| 20823 | W, 1/26-3/2 | 1-2 p.m. | \$30/\$38 | Sr. Ctr. |
| 20824 | F, 1/28-3/4 | 1-2 p.m. | \$30/\$38 | Sr. Ctr. |

Sports Leagues

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

| Course | Day, Date | Time | Location |
|--------|---------------|----------|----------|
| 20788 | Th, 1/13-3/31 | 1-3 p.m. | Bowl Am. |



Rockville Seniors, Inc. (RSI) A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: www.rockvillemd.gov/boardsandcommissions



Rockville Villages

What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator,
City of Rockville 240-314-8807 or pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvillevillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

All About Compression Socks

Akukeng Mba, MSN, CFCN, FNP-C, who specializes in foot issues, will discuss what compression socks are, when to use them and their benefits. She will discuss the types of compression socks, where to obtain them, the do's and don'ts of compression socks and how to properly put them on.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 20995 | Th, 3/10 | 1-2 p.m. | Free | Online |

All About GERD

Are you suffering from chronic acid reflux or heartburn? If you have heartburn twice a week or more, you may have gastroesophageal reflux disease or GERD. Learn more about this condition, potential complications and treatment options, including PPI Therapy, from gastroenterologist Dr. Gary Roggin.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21713 | Th, 3/24 | 1-2 p.m. | Free | Online |

Ask a Nurse Q&A: Blood Pressure

High blood pressure is often referred to as the "silent killer" because it may show no symptoms, and can put you at an increased risk for heart disease, heart failure and stroke, among other things. Join this free virtual session as we take you through the basics and beyond, as well as answer your blood pressure questions. This program will be lead by a registered nurse. Presented by Adventist HealthCare.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21005 | Tu, 1/18 | 1-2 p.m. | Free | Online |

Better Breathers Club

Facilitated by an American Lung Association-trained instructor, Kerri Donnelly, director of Business Development/Community Relations/Marquis Health Services, Collingwood Rehabilitation and Healthcare Center. The club meets monthly and features educational presentations on a wide range of relevant topics, including how lung disease affects the lungs, breathing techniques, exercise, talking with your physician, medications and other treatment options and more. Find ideas, tips and suggestions being exchanged during the meetings can be invaluable

able to improving their quality of life. Meets third Thursdays of each month.

| Course | Day, Date | Time | Cost | Location |
|--------|---------------|----------|------|----------|
| 21062 | Th, 1/20-3/17 | 1-2 p.m. | Free | Online |

Financial Fitness

Planning for Transitions: What you need to know about organizing and implementing important financial and healthcare documents. Learn what documents and instructions you should have ready for family or friends in case you are ill or unable to care for yourself, and what to do with your estate if you pass on. Presented by Barbara Mulitz, vice-president and senior trust officer, Sandy Spring Trust.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 21646 | W, 3/23 | 1-2:30 p.m. | Free | Online |

Healthy Living for Your Brain and Body: TIPS FROM THE LATEST RESEARCH

At any age, we can adopt lifestyle habits to help maintain or even improve our health, keep our brains well and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging and is designed for individuals of any age looking for information and hands-on tools to incorporate recommendations into a plan for healthy aging. Presented by Alzheimer's Association.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 21004 | W, 1/19 | 1-2:30 p.m. | Free | Online |

Jin Shin Jyutsu Self Help: FOR OPTIMUM HEALTH AND HEALING

Jin Shin Jyutsu (pronounced jitsu) is an ancient art for healing the body's energy for optimal health and healing. Simple self help will be explained for daily maintenance, strengthening the immune system, stomach aches, colds coming on, eye problems, and much more. Learn how to help yourself and share with others. Presented by Betty Figlure, BA, MSC, LMT, JSJ Practitioner/Self Help instructor, wellness coordinator at RSC.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 20999 | Tu, 3/8 | 1-2:30 p.m. | Free | Online |

Love Your Heart! 🏠 📞

February is American Heart Month, a time when all people can focus on their cardiovascular health. We discuss heart disease & stroke risk factors, prevention and treatments, and share with you the latest emerging science! This presentation will be led by a cardiac registered nurse. Presented by Adventist HealthCare.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21006 | W, 2/23 | 1-2 p.m. | Free | Online |

Medical Management of Chronic Pain: INTERVENTIONAL VS. NON-INTERVENTIONAL 🏠 📞

More than a quarter of the population suffers from chronic pain syndromes. Surgery is mostly not indicated or helpful. This talk will discuss the options and variances in care of chronic pain syndromes, ranging from injection therapeutics, use of physical modalities, integrative medicine methods and minimally invasive surgeries. Presented by Dr. M. Massumi, Massumi Associates, Pain Management and Rehabilitation.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 20997 | W, 1/12 | 1-2:30 p.m. | Free | Online |

Oral Meds vs. Topicals or Injectables for Musculoskeletal & Neuromuscular Conditions 🏠 📞

Medical management of chronic musculoskeletal conditions includes a wide range of options in medications – types, delivery methods, protocols and efficacy remain quite variable. Examples of commonly used medications and/or delivery protocols in the treatment of chronic conditions will be reviewed. Presented by Dr. M. Massumi, Massumi Associates, Pain Management and Rehabilitation.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 20998 | W, 2/16 | 1-2:30 p.m. | Free | Online |

Stress Reduction/Meditation 🏠 📞

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figure has taught meditation, guided imagery, and stress reduction classes for over 30 years.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|----------|-----------|----------|
| 20996 | M, 1/10-3/21 | 1-2 p.m. | \$30/\$40 | Online |

The Journey of Grief: REMEMBERING THOSE WE LOVE AND TAKING CARE OF OURSELVES 🏠 📞

All of us are touched by the loss of a loved one, a friend in the community, or someone we have known. In these challenging times, how do we talk about and cope with these different kinds of losses? The journey of grief is different for each person, but sharing our journeys, the ups and downs, helps to comfort and encourage all of us. Please join us for a supportive session where we discuss the nature of grief and how to take good care of ourselves while grieving. Presented by Kip Ingram, Director of Bereavement, Montgomery Hospice.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21645 | F, 2/11 | 1-2 p.m. | Free | Online |

What Science Tells Us About Happiness! 🏠 📞

March 20 is International Day of Happiness! Happiness lowers your risk for cardiovascular disease and blood pressure, enables better sleep, improves diet and allows you to maintain a normal body weight through regular exercise and reduces stress. Discuss how engagement in life can increase satisfaction, happiness and longevity. Presented by Adventist HealthCare.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21007 | Th, 3/17 | 1-2 p.m. | Free | Online |

Your Heart, Your Life Series 🏠 📞

An National Institutes of Health evidence-based program with lessons providing information for understanding, skill building, self-assessment, and goal setting for healthy lifestyle changes. Attendees will participate in interactive activities including role play, problem solving and discussion. Sign up for one or more sessions. Presented by Adventist HealthCare.

Session 4: Help Your Heart, Control Your High Blood Pressure

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21008 | Tu, 1/25 | 1-2 p.m. | Free | Online |

Session 5: Be Heart Smart, Keep Your Cholesterol in Check

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21009 | Tu, 2/1 | 1-2 p.m. | Free | Online |

Session 6: Keep Your Heart in Mind, Aim for a Healthy Weight

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21010 | Tu, 3/1 | 1-2 p.m. | Free | Online |

Snow Removal

Want to help a fellow neighbor?

Many older adults need assistance with snow removal.

If you would like to volunteer this winter, or if you are a city resident, 60 and older* in need of assistance, please contact

Jerry Jones

240-314-8819

gjones@rockvillemd.gov

*Volunteers not always available.

Decluttering 101

Discover effective ways to declutter with this virtual eight-week course. Carrie Noel-Nosbaum, owner, Carrie It Away, will instruct. The course builds community and a support network for participants to reach their goals.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------------|----------|----------|
| 21239 | F, 1/21-3/11 | 11 a.m.-12 p.m. | \$8/\$12 | Online |

Deje de gastar dinero en sus facturas de servicios públicos

¿Cuál es la forma de energía más barata? ¡Es la energía que usamos! Durante esta presentación, discutiremos las dos formas principales de mantener el dinero en su bolsillo. Cubriremos la diferencia entre conservación y eficiencia y los beneficios de usar menos energía, además de algunas de las formas más eficientes de hacerlo. Dejará esta presentación con consejos y sugerencias útiles para evitar desperdiciar su dinero.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-----------|------|----------|
| 21242 | Th, 1/27 | 12-1 p.m. | Free | Online |

Estate Planning and Elder Law Essentials

Join lead attorney Stephen Elville of Elville and Associates for a discussion about Estate Planning and Elder Law — will and trusts, powers of attorney, advance medical directives, planning for incapacity, asset protection, the importance of keeping your plan up-to-date, and much more. In coordination with Sunrise of Rockville. Bring your questions you've been wanting to ask.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|-------------|------|----------|
| 21237 | T, 1/18 | 1-2:30 p.m. | Free | Online |

Grupo de Apoyo Hispano

Las personas mayores pueden compartir sus miedos y frustraciones; Recibir apoyo sin juzgar; Creando un espacio para compartir sentimientos- Guiado José Hernández, Terapeuta bilingüe de Affiliated Santé Group.

| Course | Day, Date | Time | Cost | Location |
|--------|--------------|-----------|------|----------|
| 21647 | Th, 1/6-3/31 | 12-1 p.m. | Free | Online |

Investment Opportunities for Seniors

Ever wonder how options trading works? In this fun and interactive course, learn the skills you need to become your own options trader. Options can help you develop a weekly stream of income with little risk, double or triple the dividends on stock you already own, turn a loss into a gain when the market goes against you, and reduce the cost basis on stock you already own. Work live on an actual paper trading account during class. Don't worry, no money is involved as you put your new skills to work.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------|----------------|-----------|----------|
| 21710 | M, W, 3/14-3/23 | 1:30-3:30 p.m. | \$24/\$37 | Online |

Legal and Financial Planning

A diagnosis of Alzheimer's disease makes planning for the future more important than ever. Concerns about care provision and programs that can help offset costs mean that families need accurate information about legal and financial planning specific to the disease. This workshop is a two-part interactive program where you can learn how to put plans in place, how to access legal and financial resources near you. Presented through Alzheimer's Org.

Legal Planning Part 1

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21002 | W, 2/9 | 1-2 p.m. | Free | Online |

Financial Planning Part 2

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|----------|------|----------|
| 21003 | Th, 2/17 | 1-2 p.m. | Free | Online |

Meditación

Esta clase se enfocará en técnicas de respiración lenta y profunda y posturas meditativas. No se requiere experiencia.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------------------|------------------|------|----------|
| 21711 | F, 1/21 & 2/18 & 3/18 | 12:15-12:45 p.m. | Free | Sr. Ctr. |

Now with Options

KEY:



= Phone in available



= Virtual



= In-Person

Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets first and third Monday of the month. Bring a bag lunch and meet people! Must contact, representative Sheila Griffith at 240-844-3608 or sagriffith@alz.org prior to attending the group.

| Course | Day, Date | Time | Cost | Location |
|--------------|-------------|--------------|------|----------|
| 21020 | M, 1/3-3/21 | 12-1:30 p.m. | Free | Sr. Ctr. |

Positive Aging Programs

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

Increasing Motivation

Do you ever have great plans but fail to act on them? What about procrastination — is that a problem? What keeps you from following your dreams or, at least, staying on track with your plans? This group will discuss the main ideas of the book "Rethinking Positive Thinking: Inside the New Science of Motivation," by psychologist Gabriele Oettingen, to help increase our motivation. Meets first and third Tuesday of each month.

| Course | Day, Date | Time | Cost | Location |
|--------------|--------------|-------------|------|----------|
| 21091 | Tu, 1/4-3/15 | 2:30-4 p.m. | Free | Online |

Women Living Alone

This is a long-standing, open-enrollment support group at RSC in which members support each other by listening, expressing concern, and offering tips, suggestions and advice, when solicited. Meets first and third Thursday of each month.

| Course | Day, Date | Time | Cost | Location |
|--------------|--------------|-------------|------|----------|
| 21086 | Th, 1/6-3/17 | 1-2:30 p.m. | Free | Online |

Managing Stress During the Pandemic

An ongoing support and educational group to help people cope with isolation, anxiety, depression, loss, etc., originally brought on by the COVID-19 pandemic. Participants learn coping skills from facilitator and from each other. Meets every Friday.

| Course | Day, Date | Time | Cost | Location |
|--------------|-------------|-----------------|------|----------|
| 21089 | F, 1/7-3/25 | 11 a.m.-12 p.m. | Free | Online |

Brain Games

It's back (again)! Our brains do change as we get older, but with regular brain exercise, we can actually improve our mental functioning, such as long-term memory, working memory, executive functioning, attention to detail, and processing speed. Come join the fun and work your brain as you harmoniously compete with your peers in various games and puzzles. Meets second and fourth Tuesday of each month.

| Course | Day, Date | Time | Cost | Location |
|--------------|---------------|-------------|------|----------|
| 21088 | Tu, 1/11-3/22 | 2:30-4 p.m. | Free | Online |

Living Alone (for Men and Women)

This group provides an opportunity for men and women, living alone, to socialize, discuss topics of interest, share challenges, and support each other. Meets second and fourth Thursday of each month.

| Course | Day, Date | Time | Cost | Location |
|--------------|---------------|-------------|------|----------|
| 21090 | Th, 1/13-3/24 | 1-2:30 p.m. | Free | Online |

Self-Talk

This one-session workshop will present the benefits of positive self-talk, including having mantras to remind you of what's important. What do you tell yourself to help you get through the day? Share what works for you and learn what works for others.

| Course | Day, Date | Time | Cost | Location |
|--------------|-----------|-------------|------|----------|
| 21092 | Th, 3/31 | 1-2:30 p.m. | Free | Online |

Meet the New Outreach Employee

Mariella Correal in the
Support Services department.



Stay Alert... Sign up for [rockville md.gov/alerts](https://rockville.md.gov/alerts) and receive alerts about important information in your community.

Rockville Housing 🏠 📞

The Housing Opportunities Commission of Montgomery County (HOC) was established in 1974 to better respond to the county's need for affordable housing. Stephanie Moore, Resident Services Programs Supervisor will provide an overview of HOC locations in Rockville and the programs offered through their department.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------|------|----------|
| 21238 | Th, 1/27 | 10-11 a.m. | Free | Online |

Social Security 🏠 📞

Join Diana Varela, public affairs specialist with Social Security Administration. My SSA account provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits you already receive. This program will be split into two, those already receiving benefits and another presentation for those not receiving Social Security benefits yet.

Already receiving my Social Security benefits

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 21612 | M, 1/10 | 10-11:30 a.m. | Free | Online |

Not receiving my Social Security benefits yet

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 21729 | W, 1/20 | 10-11:30 a.m. | Free | Online |

Stop Wasting Money on Your Utility Bills 🏠 📞

What's the cheapest form of energy? It's the energy we use! During this presentation we will discuss the two main ways to keep money in your pocket. We will cover the difference between conservation and efficiency and the benefits of using less energy, plus some of the most efficient ways to do it. Leave this presentation with helpful tips and advice to keep from wasting your money.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|------------|------|----------|
| 21241 | W, 1/10 | 10-11 a.m. | Free | Online |

Understanding and Reducing Bullying Among Older Adults 🏠 📞

Research has shown disturbingly high rates of bullying among older adults. In this webinar, Dr. Robin Bonifas will provide an overview of bullying among older adults, including theoretical explanations for why some older adults become bullies and why some become targets. Participants will learn about an intervention framework to address bullying in diverse senior housing and senior care organizations.

| Course | Day, Date | Time | Cost | Location |
|--------|-----------|---------------|------|----------|
| 21102 | Th, 2/3 | 10-11:30 a.m. | Free | Online |

Winter Lights, Window Displays and Bonfire Get Together

The Senior Center will be decorated for the holidays the whole month of December!
Join us Thursday, Dec. 16 from 3:30-5 p.m.
with an outside bonfire and refreshments.



Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.93). Reservations required 24 hours in advance: 240-314-8810.

Questions?

Call 240-314-8800 or
email
seniorcenter@rockvillemd.gov

Developing Villages in Rockville

Twinbrook Village

Contact: twinbrookvillage@gmail.com

King Farm Neighbors Village

Contact: kfnvinfo@gmail.com
301-799-8104

Pump House Village (East Rockville)

Contact: pumphousevillage@gmail.com
New groups in development: Town Center Area, Hungerford and West End.

For more information, contact:
Trish Evans, village facilitator
pevans@rockvillemd.gov



Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or grocery store?

Monday to Friday: Pick up (for those who call in advance schedule): Approx. 9 a.m. and approx. 11 a.m.
Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older.

Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact:

Mariella Correal; 240-314-8816,
or Andrea Rogers; 240-314-8817.

Benefits of Senior Center Membership Include:

Discounts on Senior Programs
Discounts on Rentals
DVD Rentals
Eligibility to Join the Fitness Center
Early Class Registration
Drop-in Programs
Discounts on all
Rockville Adult Classes
Eligibility for Senior Garden Plots

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services

Celebrate the Holidays with the Senior Center

"It's a Wonderful Life" 🏠 📞

NEW!

See page 7 for more details!

Three part series on "It's a Wonderful Life", Instructor: Joan Adams.

Part One: The short story that started it all: Philip Van Doren Stern's "The Greatest Gift" became his Christmas card in 1943.

Part Two: The movie and the time frame: In 1946, Frank Capra was under investigation by the FBI. As part of the Red Scare. The FBI believed Capra was a socialist and the movie propaganda.

Part Three: The movie and the cast: Who were these memorable characters?

Virtual Candlelight Stroll 🏠

NEW!

See page 10 for more details!

Join us for a virtual Candlelight Stroll tour of Annapolis with one of Watermark's renowned tour guides, Mistress Mary. She will share Christmas customs in early America and the background of holiday symbols, some going way back, while virtually traversing the streets of Maryland's capital city.

Cooking Classes with Chef Alba 🏠

NEW!

See page 5 for more details!

Cook along with Chef Alba, or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants. Registration is open NOW for members and nonmembers!

Holiday Entertaining Small Dishes

Recognized in other countries as tapas, antipasto, hors d'oeuvres, meze, or aperitifs, these small plates of delightful foods are meant to be shared with friends in a calm environment.

The Nature of Our Holiday Traditions 🏠

NEW!

See pg. 9 for more details!

When you think of this time of year, what smells and colors come to mind? Pine, gingerbread, mulled cider, green, and red? These are related to plants that have been used to celebrate our winter holidays for over 2,000 years within different cultures. Presented by Canada's Royal Botanical Gardens.

Holiday Concert 🏠 📞

NEW!

See page 6 for more details!

Make your holidays extra special as you hear holiday classics with the one and only Dale Allen Jarrett. Dale's memorable renditions will fill your home with the warm sounds and spirit of the season.

General Information

Registration Begins:

- Member registration begins Tuesday, November 30 *and*
- Nonmember registration begins Thursday, December 2.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are cancelled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

**Most convenient method.
7 days a week.**

1. Online:

www.rockvillemd.gov/recreation

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive 20850

4. Walk-In:

The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute a tax deductible donation, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration.

| Online Donation | Course #s |
|-----------------|-----------|
| \$10 | #2239 |
| \$25 | #2240 |
| \$50 | #2241 |
| \$75 | #2242 |
| \$100 | #2243 |

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center
1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Registration Form

Contact Information | Información del contacto

| | | | |
|--------------------------------|----------------------|--------------------------------------------|--------------------------------------|
| Last Name Apellido* | First Name Nombre* | Birthday Fecha de nacimiento (mm/dd/yy)* | Email* |
| Address Dirección* | | City Ciudad* | State Estado* Zip Código postal* |
| Home Phone Teléfono de Casa* | | Work Phone Teléfono de Trabajo | Cell Phone Celular |

Emergency Contact | Contacto de Emergencia

| | | |
|----------------|--------------------------|-------------------|
| Name Nombre* | Relationship Relación* | Phone Teléfono* |
|----------------|--------------------------|-------------------|

| Activity Name Nombre de la Actividad | Activity Number Número | Fees* Costo* |
|-----------------------------------------|---------------------------|-----------------|
| | | |
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| | | |

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

| | | | |
|----------------------------------|-----------------|----------------|--------------------------------------|
| Processed by Check, Cash, Charge | Date Processed: | Total Paid: \$ | Total Amount Due: Cantidad Total: |
|----------------------------------|-----------------|----------------|--------------------------------------|

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------|---------------------------------------|
| Name on Card Nombre en la tarjeta | Credit Card Number Número en la Tarjeta de Crédito | Security Code Código de Seguridad | Expiration Date Fecha de Expiración |
| Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba) | | | |
| <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ | City Ciudad | State Estado | Zip Código Postal |
| Cardholder Signature Firma del Dueño de la Tarjeta | | | |

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Senior Center Happenings:

The Senior Center and Fitness room is open!

Call 240-314-8800 or email
seniorcenter@rockvillemd.gov for hours.

Holiday Bazaar

Great opportunity to shop for the holidays ahead
and support a worthwhile cause. Sponsored by RSI
Saturday, Dec. 4 • 9 a.m.-2 p.m. • Free •
Senior Center

Bilingual Yoga with Chair

See page 16 for more info.
Course #21641
Friday, Dec. 3-Jan. 21 • 11:15 a.m.-12 p.m.
Cost: M \$30/NM \$38 at Senior Center

Black History Month Events

See page 11 for more info.

Zoom Help

See page 14 for more info.
Course #20940
Wednesday, Jan. 5 • 1-3 p.m. • Free • Senior Center
Course #20950
Friday, Jan. 20 • 8-10 a.m. • Free • Senior Center
Course #20976
Friday, March 3 • 8-10 a.m. • Free • Senior Center

Please Note:
Due to COVID-19,
classes and
programs are
subject to change.